



Train like Megan for two weeks. These workouts are intended for intermediate/advanced trainees with a solid foundation of strength and technique. Please do NOT attempt this if you are unsure about your abilities.

Dynamic Warm-Up *~Always perform this quick warm-up before every workout.*

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|---------------------------------------------------|--------------------------|
| 1a Leg swings (forward/back and side/side) | 1 x 6/leg each direction |
| 1b Bent-over thoracic rotation | 1 x 6/side |
| 1c Y squats | 1 x 6 |
| 1d Inchworms push-ups | 1 x 6 |
| 1e Lunge w/ two-way rotation | 1 x 3/side for 6 total |
| 1f Lateral skater hops | 1 x 6/side |
| 1g Jumping jacks | 1 x 20 |

Notes: You can begin the warm-up completely cold. If you are sore, foam roll before the warm-up. Perform the full circuit one time.

Cool Down *~Stretch & Recover~*

- | | |
|-------------------------------------------------------------------------------------------|-------------------------|
| 1a Foam roll all major muscle groups, paying extra attention to tight, achy areas. | |
| 2a Rope hamstrings stretch | 1 x 4 deep breaths/side |
| 2b "Frog" inner thigh stretch | 1 x 4 deep breaths |
| 2c Kneeling hip flexor & quad stretch | 1 x 4 deep breaths/side |
| 2d Wall "figure 4" hip stretch | 1 x 4 deep breaths/side |
| 2e Post or doorway chest stretch | 1 x 4 deep breaths/side |
| 2f Post or doorway upper back stretch | 1 x 4 deep breaths |

Notes: Always foam roll first. If you are short on time, foam rolling is more important than the stretching, so be sure to roll. When stretching, use your breaths to relax your muscles and find a deeper stretch. With every exhale feel the tension release a little bit more.

Workout A ~The One-Rep Workout

- 1a** Carefully lift the weights up using good deadlifting technique
- 1b** Hang pull
- 1c** Push-press
- 1d** Front squat
- 1e** Reverse lunge (1/leg)
- 1f** Bent-over row
- 1g** Dumbbell supported push-up

Notes: Perform only one repetition of each exercise, then immediately move to the next. Continue flowing through the exercises until the time is completed. Choose 10-25# dumbbells. In the video, I'm using 20#'s.

Week 1

As many rounds as possible in 12:00. Keep moving, but take breaks as needed to ensure good technique.

Week 2

As many rounds as possible in 15:00. Keep moving, but take breaks as needed to ensure good technique.

Workout B ~Sprinting Workout

Sprinting Intervals

Week 1

3:00 Moderate

5 x 0:30 Fast, 0:30 Rest

3:00 Easy-Moderate

5 x 0:15 Very Fast, 0:30 Rest

3-5:00 Moderate

Week 2

3:00 Moderate

6 x 0:30 Fast, 0:30 Rest

3:00 Easy-Moderate

6 x 0:15 Very Fast, 0:30 Rest

3-5:00 Moderate

Notes: Your speed and intensity are completely subjective. You will be listening to how hard you feel like you're working at any given moment. Use the Sprint Intensity Guide to determine your speed and resistance. This workout can be done running outside or on a treadmill, using a spinning bike, rowing machine, stair stepper or elliptical. You can play with resistance and incline to change the intensities. For example, sprinting flat at 10 mph and sprinting at 8% incline at 7 mph may both feel *Fast*.

Workout C ~The Couplet Workout

1a Hang pulls, 15-25#'s

1b Tuck jump burpees

2a Squat to overhead press, 15-25#s

2b Single leg dead lift, 15-25#s

3a Bent-over single arm rows, 20-30#

3b Sumo squats, 20-30#

METABOLIC FINISHER – Do this last couplet as quickly as possible

4a Prisoner squat jumps

4b Push-ups

Week 1

3 x 6

3 x 6

3 x 5

3 x 5/side

3 x 5/side

3 x 10

Descending reps:

Start at 10 of each then work down to 1 of each.

Week 2

4 x 6

4 x 6

3 x 6

3 x 6/side

3 x 6/side

3 x 12

Descending reps:

Start at 11 or 12 of each then work down to 1 of each.

Notes: Move quickly back & forth between the exercises in each couplet, doing as many sets of that couplet as prescribed. Rest as often as needed. Choose a moderately heavy to heavy weight.

Workout D ~Bodyweight Mobility

1a Squat to stand (use heel lifts if necessary)

1b Wide stance inchworm push-ups

1c Cossack lunges with overhead reach

1d Cross-over single leg dead lift

1e Scorpions

1f Prone swimmers

1g Downward dog

Week 1

3 x 6

3 x 6

3 x 6/side

3 x 6/side

3 x 6/side

3 x 6

3 x 6 deep breaths

Week 2

4 x 6

4 x 6

4 x 6/side

4 x 6/side

4 x 6/side

4 x 6

4 x 6 deep breaths

Notes: Move smoothly through this circuit of exercises, emphasizing deep ranges of motion and quality of movement. Don't rush!

Workout E ~Metabolic Strength Training

- 1a** Push-ups to pike
- 1b** Tall side plank with hip abductions (switch sides halfway)
- 1c** Frog burpees
- 1d** Alternating side lunges with instep reach
- 1e** Tall planks with alternating “T” reach
- 1f** In-n-out lunges
- 1g** Static squat in-n-out hops with crossovers

Week 1

3 sets through
0:40 work, 0:20 rest
2:00 rest b/w sets

Week 2

3 sets through
0:50 work, 0:10 rest
2:00 rest b/w sets

Notes: Using a timer, perform each exercise for 0:40 and rest for 0:20 between the exercises. Do as many perfect repetitions as possible of each exercise during the work period. Take a full 2:00 rest when you when complete all the exercises. Do the circuit 3 times through.

**Sprint Intensity Guide for Workout B

Rest – A passive rest. No effort required, whatsoever. If using a cardio machine (treadmill, elliptical, stairstepper, rowing machine), stop moving.

Easy – A walking pace. Very minimal effort required.

Moderate – Some effort is required. Similar to a light jog or spinning with no resistance.

Hard – Lots of effort is required. Similar to a fast run or spinning with hard resistance. Should not be able to sustain this for longer than a minute or two.

Fast – Near maximal effort is required. Similar to a full sprint or very heavy resistance.

Max – Maximal effort. This is the most effort your body is capable. Should not be able to sustain for longer than about 15 seconds.